**INSTRUCTIONS FOR HOMEOPATHIC TREATMENT**

***During the homeopathic treatment you do not have to consume or at least avoid:***

* *Mint / Camphor / Eucalyptus* - everything that consist them for internal or external use - tablets / lozenges, candies, chewing gums, teas, toothpaste with mint / eucalyptus / camphor (there is a specific toothpaste for homeopathic cure), shampoo, creams, shaving cream, essential oils, drops
* *Coffee and caffeine, black tea* (almost all flavored fruit teas have black tea) - if you are really dependent on coffee/tea, try to avoid it as much as possible and don't take the medicine at least 2-3h after drinking coffee/tea
* *Alcohol* - avoid drinking alcohol, or at least drink only slightly beverages (wine, beer ...)
* *Avoid strong odors* - strong perfumes, incenses, flavoring, acetone, paints with very strong odors, ammonia, leaches
* *Other drugs* - you should not take other medicines for internal or external use, supplements, vitamins, vaccines, herbs. Exception for patients with chronic diseases, which are on a treatment for very long period of time

It is proved from the homeopathic practice that these substances block or delay the healing process. For some patients may have no or have little influence. As we do not know if you are part of this group, you should avoid these substances as they may block the effect of the remedy and confuse the homeopath. If you consume some of these substances by mistake or because you forgot, and feel some aggravation after, you must take the medicine more often to overcome the crisis. It doesn't mean you should take the medicine obligatory in such cases, only if it is necessary, only if you feel some aggravation, symptoms that disappeared coming back.

***How to store your medicine:***

Store the medicine in a cool and ventilated place, protected from strong light and away from radiation (Mobile, Microwave, Magnets, TV, appliances, metal detectors at airports, Computers etc. ..), away from perfumes, insecticides, allopathic remedies or other strong-smelling substances. If you are carrying it with you, you can wrap it in aluminum foil and keep it away from your mobile phone.

***How to take the remedy:***

15 min before and 15 after taking the drug you should not eat or drink (can drink only water). If the remedy is in solid form - granules, separate 3-4 granules in the bottle cap and put them to melt naturally under the tongue without swallowing them. The granules should not be touched with the fingers, nor left in any place before taking them, they should be placed directly from the bottle in the mouth. If the medicine is liquid, shake/hit it in the palm 5-6 times before taking it (hold the bottle in one hand and hit it in the palm of the other hand) - ask the practitioner to show you how. Then open the tap the bottle, fill it half with the medicine and pour it in the mouth, under the tongue from a distance, without touching the bottle with your tongue or mouth.

The patient must take the medicine as prescribed. During the treatment, especially in the beginning, could appear some therapeutic crises. In a crisis, acute symptomatic state, feel bad suddenly, feel worse after dental treatment or other matter - the medicine should be taken with more frequency depends on the severity of the situation - every 5-15 min. After feeling some improvement, reduce to every 30 min and stop when you feel OK. If there is no improvement you should contact your homeopathic doctor to verify the situation and possibly make an appointment.
*The rule is*: the medicine should be taken only when you feel bad for any physical, mental or emotional reason. Since there is improvement, the drug should not be taken because the body is under state of self-healing. When the vital energy is blocked somewhere in the body, it causes symptoms (the language of the body) and the medicine helps to unblock energy flow and overcome the crisis.